

Stop That Backache!

Those agonizing twinges, that dull, throbbing backache, may be warning of serious kidney weakness—serious if neglected for it might easily lead to gravel, dropsy or fatal Bright's disease. If you are suffering with a bad back look for other proof of kidney trouble. If there are dizzy spells, headaches, tired feeling and disordered kidney action, get after the cause. Use Doan's Kidney Pills, the remedy that has helped thousands. Satisfied users recommend Doan's. Ask your neighbor!

A Missouri Case

Mrs. Emma Oliver, 624 W. Robinson St., St. Louis, Mo., says: "I suffered a great deal with kidney trouble. My back ached and pained all the time, and if I laid down I could just manage to straighten up again. I had dizzy spells and everything turned black before me. I began using Doan's Kidney Pills and they cured me after doctors' medicines had failed."

Get Doan's at Any Store, 60c a Box.
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

BULGARIANS**Bulgarian Blood Tea**

Is Nature's purest herbs. Take it hot to kill colds, flush the kidneys, sweeten the stomach and purify the blood. Sold by druggists and grocers everywhere.

For CROUP, COLDS, INFLUENZA & PNEUMONIA

Mother should keep a box of Doan's Vapo-Mentha Salve in the house. It is a sure remedy for all the above ailments. It is a sure remedy for all the above ailments. It is a sure remedy for all the above ailments.

BRAME'S VAPOMENTHA SALVE
30c. 60c. and \$1.25 at all drug stores or sent by mail to Brame Drug Co., N. Wilkesboro, N. C.

Maine Sardine Pack Reduced.

The 1920 Maine sardine pack is estimated at 75 per cent of normal. Since the average pack is about 2,200,000 cases, this season's output is not much more than 1,650,000 cases.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of **Dr. J. C. H. H. H.** In Use for Over 30 Years. Children Cry for **Fletcher's Castoria**.

In the Tornado Belt.

"Taking your piano lesson, are you, dear?" said the farmer's wife to her daughter.
"Yes, mother."
"Where is your father?"
"In the cyclone cellar, mother!"—Yonkers Statesman.

Garfield Tea, taken regularly, will correct both liver and kidney disorders.—Adv.
Shaving, according to one doctor, increases neuritis and other troubles of the face.

A steady income of \$3,000 a year is the biggest foe of opportunity.

To Cure a Cold in One Day

Take
Grove's Laxative Bromo Quinine tablets
Be sure its Bromo **Q**
E. W. Brown
The genuine bears this signature 30c.

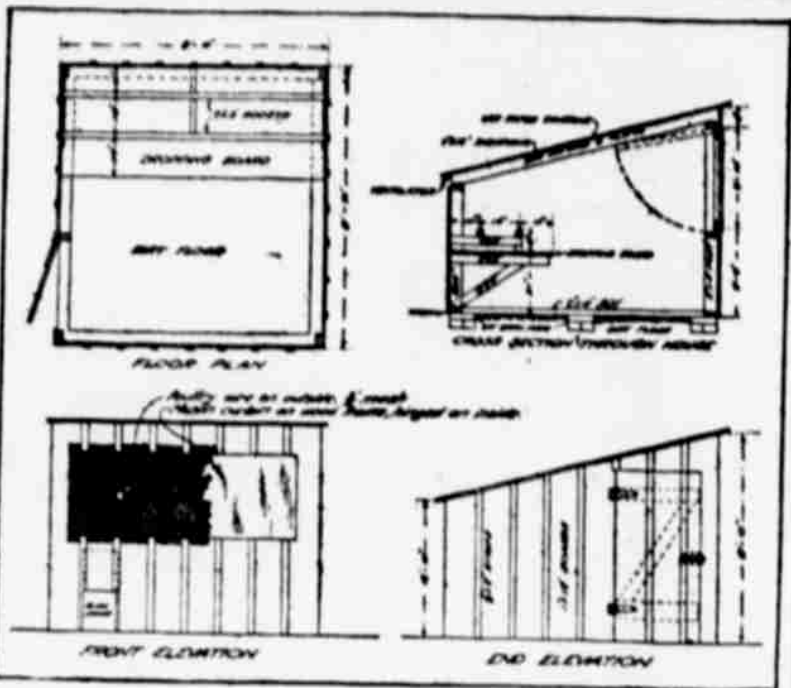
VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking **GOLD MEDAL BARLEIN OIL**.

The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against further attacks. Three sizes, all druggists. Look for the same Gold Medal on every box and accept no imitation.

FRECKLES POSITIVELY REMOVED BY Dr. E. W. Brown's Freckle Remover. 25c. 50c. and \$1.00. Sent by mail to Dr. E. W. Brown, 2015 Broadway, New York City.

W. N. U., ST. LOUIS, MO. 5-1921.

INEXPENSIVE SHELTER SUITABLE FOR BACK YARD POULTRY FLOCK

Plan of a Simple Backyard Poultry House.

(Prepared by the United States Department of Agriculture.)

Plans and packing boxes can be successfully converted into adequate backyard poultry houses, but many owners of small flocks prefer a building erected especially for the purpose, because it usually presents a better appearance in the back yard. For such, poultry specialists of the United States Department of Agriculture suggest plans for a poultry house of the shed or slope-roof type that will make a small flock comfortable and be neat in appearance.

This building is 8 by 8 feet square, and is 6 feet high in front and 4 feet high in the rear. The house may be made higher with little extra cost and would be more convenient to work in. The ventilator in the rear is not needed in the northern part of the country. The roof is covered with roofing paper. The same material may be used on the sides or if desired the cracks may be covered with wooden strips three inches wide. Such a house is large enough for a flock of 20 hens.

Dry Floor a Necessity.

If the soil is well drained and remains dry no floor need be used in the house. Often a slight dampness can be corrected by filling up the floor several inches above the outside ground with sand, gravel, or dry dirt. Three or four inches of the surface of the floor should be removed and replaced with fresh earth once or twice a year. The run should be spaded up at least once a year. If the ground is so wet or damp that this condition cannot be corrected by filling, it is best to provide a board floor, as this will help to keep the house dry, will allow easier cleaning, and will promote the general health and welfare of the hens. A house with a board floor should be set on posts or blocks, so that it is 5 to 12 inches above the ground. When this space is left the floor will not rot so quickly and rats will not be so likely to take refuge under the house.

The dropping boards and roosts should be placed against the back wall. Here they are out of the way and also are least likely to be reached by drafts. The dropping boards should be about 20 to 30 inches from the floor, depending on the height of the building. This gives space enough under them so that the hens have room to exercise and is not too high for the heavier hens to fly up to. The roosts should be 3 or 4 inches above the dropping boards. If more than a single roost is used, they should be on the same level; otherwise all the hens will try to crowd upon the highest roost. A piece of 2 by 4 or 2 by 3, laid on edge and with the upper corners rounded off, makes a good roost. A pole, or even a piece of board 2 or 3 inches wide, may be used. If the roost is of light material and fairly long, it should be supported in the center, as well as at the ends, to prevent it from sagging badly. An allowance of 7 to 10 inches of roost space per foot, according to the size of the birds, should be made. If more than one roost is used, they should be placed about 15 inches apart.

Provide Simple Nests.

Nests must be provided and may be very simple. Any box about 1 foot square and 5 or 6 inches deep is suitable. An ordinary orange box with the partition in the middle serves very well, each box forming two nests. The top is removed, the box laid on its side, and a strip 3 to 4 inches wide nailed across the lower front. Nests can be fastened against the walls of the house or set on the floor. It is preferable to fasten them against the walls, as they take too much floor space if set on the floor. One nest should be provided for each four or five hens.

MARKETING APPLES

Information secured from apple-market investigations by the United States Department of Agriculture indicates that relatively low prices in large crop years in the beginning of the season make for quick movement and rapid consumption, with the natural result of better season averages; that marketing of inferior grades along with good fruit in large crop years is not profitable; that the effective operation of grade and package laws may be counted upon to aid in stabilizing apple markets.

IMPORTANCE OF APPEARANCE

Potatoes Suitable for Baking Wrapped in Paper and Graded Bring Bigger Profit.

The package in which a product is sold has much to do with its sale. A New York farmer found it profitable to grade and wrap in paper potatoes suitable for baking purposes. He got a better price for them and also some advertisement which sold other produce.

TESTS OF 29,638 SEED SAMPLES

With This Equipment Grain Dealers Can Make All Tests Necessary to Determine Proper Grade of Grain.

During the year ending June 30, 1920, the United States Department of Agriculture tested 29,638 samples of seeds for farmers preliminary to planting. Of these, 16,442 were tested in Washington and 13,196 at the five branch offices. Under the seed importation act 69,000,000 pounds of seed were permitted entry during the fiscal year, which was more than the total for the previous three years. Nearly 5,000,000 pounds were held at port, more than half of which was reclaimed and the balance ordered destroyed or exported. Red clover and alfalfa, crimson clover, rape seed, and alsike were among the leading seeds imported.

Daddy's Evening Fairy Tale

MARY GRAHAM BONNER

THE STORY CHILDREN.

"I want to tell you more," said Daddy, "of the children who were met in the vine-covered house by our boy and girl who were in search of adventures."

"It doesn't matter whether I tell you the adventures they had with them first or their stories first, as you'll hear all about those children before long."

"We'd like to know," said one of the children of the vine-covered cabin to the boy and girl, "if you've ever written or read or heard a story about us that you have liked. If you have, we'll hate you!"

"You see, I'm the good little child of the stories, who always teaches the bad little child, my friend here, that virtue and goodness are always, always rewarded. We have to live here, all tied up with vines of untruth until some one sets us free."

"Neither of us is wholly good or wholly bad. But they won't give us fair play. And they won't be fair and say that often goodness isn't rewarded at all, but that the best reward is to feel one has done right—just the reward itself."

"They won't, in the story books, make us a true, real mixture of bad and good."



"These Horrible Vines."

and good. One of us has to be so good and the other so bad, and the good one has to be horrible and preachy and the bad one necessarily has to be punished."

"We never cared for such stories," said the boy.

"We always thought they were ridiculous," said the girl, "and written by people who had been children so long, long ago that they had forgotten all about it."

"Then," said the children of the vine-covered cabin, delightedly, "we will be free from much of this vine which is so unfair and so untrue, and which takes such mean advantage of us."

"Perhaps," one of them said, "you'd care to see our cabin. You could doubtless tell our story and they could help to free us."

"But we'd get caught in the vines," said the boy.

"No, you'll be safe," said the children.

"But you almost killed us before," said the girl.

"Let bygones be bygones," said the children. "We will see that no harm comes to you. It's our promise."

"They looked perfectly honest and friendly," so the boy and the girl followed them into the house. Everywhere there were vines, growing from large pots inside the house, as they grew from the ground all over the outside of the house. One could scarcely see from the windows, so covered were they with vines.

"Years ago," said the first child, "we came here. And all this time we've been waiting to be free."

"There was a time," said the second child, "when we almost made our escape."

"But not quite," said the first child. "We had to come back, after all. Would you like to hear about it?"

"Enormously," said the boy.

"Children wouldn't play with us," said the first child. "They'd shout to us that we wouldn't know their games, for we'd be so unnatural with one of us being so good-goody and the other so dreadfully, dreadfully wicked."

"We'd hear them shout and sing and play and laugh, but they wouldn't play with us. We weren't real to them. We couldn't get at them to tell them it wasn't our fault."

"These terrible vines of untruth kept us back."

"Upstairs it is just as bad. Some one was going to help us escape, because that person said we were surely no as bad as we were painted—or supposed to be. But then they thought it was unsafe. We were so long supposed to be what we were."

"We've been fed by the story-teller people, who kept us as we were. They'd make the good child have perfect table manners and the bad child would grab food from the good one. You see, we forget which one is bad and good until the story-telling people come around."

"How horrible!" said the boy and the girl. "We'll set you free. We know you're natural, real children."

"And they got rid of all the vines that had kept the children tangled up for a considerable length of time," ended Daddy.

Quaker Minister Is Grateful to Tanlac

Rev. Parker Moon

Nearly everybody in Southwest Missouri either knows or has heard of the Rev. Parker Moon, who for a full half century has devoted his life and talents to Sunday school and organization work for the Society of Friends or Quakers.

"Uncle Parker," as he is more familiarly known, came from fine old rugged Quaker stock, and there is not a better known or more highly respected citizen in that part of the state. In referring to his remarkable restoration to health by Tanlac, he said:

"About five years ago I suffered a general breakdown. My principal trouble was nervous indigestion. My appetite was very poor and my food seldom agreed with me, and I had to live on a very restricted diet. I suffered a great deal from headaches and dizzy spells. I had severe pains across the small of my back and was badly constipated most of the time. In fact, I was so weak and rundown I was not able to attend to my duties."

"This condition made me very nervous and I could not sleep at night. Frequently I would lie awake most all night and was in that condition more or less for five years. My physician said he could not do anything for me and suggested a change of climate. I then moved to Texas and went back and forth three times, but did not get the relief I had hoped for. Finally, I got so bad off I was not able to get around with any degree of comfort. I was also told I had heart trouble."

"I had read about Tanlac and, as it had been very highly recommended to me, I decided to try it. I got a bottle and had taken only a few doses until I could notice a marked improvement in my condition. I noticed especially that I was not troubled any more with sour stomach after eating, which was a great relief."

"I kept on taking Tanlac until I fully regained my health. My appetite is splendid; I enjoy my meals and I do not find it necessary now to take any laxative medicines of any kind. I can sleep much better and am not nearly so nervous."

"I take great pleasure in recommending Tanlac to anyone who needs a good system builder, or who suffers with stomach trouble. I have recommended Tanlac to a great many of my friends and am pleased to reach others by giving this statement for publication."

Tanlac is sold by leading druggists everywhere.

FOLLOWED EXAMPLE OF HOST

Tactful Visitor Had No Desire to Be "Called," So He Duly "Served" His Coffee.

The oil magnate, Mike Murphy, who passed away not long ago, was fortunate in the fact that his sons inherited their father's consummate ability, says the Philadelphia Ledger. One of them, John, tells this story of a recent visit to a certain section of the country, where he was careful to do as the people did, and to conform with social usages as he found them.

At the table the venerable host poured coffee into a saucer. But the host's son drank it from a cup. That made the host angry. "Why don't you serve your coffee?" he bellowed at the son.

"It's all right this way, father," answered the young man, mildly.

"Son, if your education is going to make you reflect on your father I want to know it. I tell you, serve your coffee!"

Whereupon the dutiful son emptied the cup in the saucer, and says Mr. Murphy, "I served mine, too!"

Some Identification.

"Aha! there has been a child in this apartment."

"How did you find that out?"

"The intruder has finger-printed himself on the window panes."

GOOD AND LOGICAL REASON

Mrs. Jones Knew Exactly What She Was Doing When She Selected Baby's Names.

Mr. and Mrs. Jones had come to that all-important part of naming their new baby.

Mr. Jones, who, by the way, detested work, and liked nothing better than to sit in front of the fire and watch other people do it, wanted the baby named plain "Bill."

Mrs. Jones had different views. "I shall name the baby William Oliver Robert Kenneth," she asserted.

"But why all those names?" asked her husband.

"Because," replied Mrs. Jones, tartly, "if you look at the initials you will find that they spell 'Work,' so perhaps, when baby grows up, he will take to it better than his father."

A Shopper's Bull.

Relating her experiences in purchasing presents for Christmas, our next-door neighbor said: "I simply couldn't get into Blank & Blank's on account of the crush—and getting out was worse."—Boston Transcript.

Nervousness.

"Does tobacco make you nervous?"

"It does," replied Mr. Mewton, "if Henrietta catches me smoking in the house."

THE STURDY FOOD VALUES of wheat and malted barley are combined in**Grape-Nuts**

as in no other prepared cereal food

Its rich, nut-like flavor attracts and its nourishing qualities are staunch. Unlike most prepared cereals, Grape-Nuts needs no added sweetening

SOLD BY GROCERS EVERYWHERE